

Dear Parents and Carers,

As we approach the final week of what feels like a very long and busy half term, everything can feel a little more exhausting and tricky.

I have taken comfort today in the words of St Teresa of Avila on her feast day:

"May today there be peace within. May you trust God that you are exactly where you are meant to be. May you not forget the infinite possibilities that are born of faith. May you use those gifts that you have received, and pass on the love that has been given to you. May you be content knowing you are a child of God. Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love. It is there for each and every one of us."

Have a peaceful weekend.

Yours in Christ,

Imogen Senior

Parents' Evening

The Year 9 parents' evening on Thursday 21st October 2021 will be 'remote' appointments only evening. The booking window for parents will be from 14:00 on Friday 15th October 21 to 14:00 on Wednesday 20th October 2021. All bookings are via the Parent evening tab on EduLink One.

If you have more than one child at the school make sure that you have selected the child in Year 9 before you click on the Parents' Evening icon. If you are parent of a child in Year 9 please look out for a communication explaining the process in more detail.

Upcoming parents' evenings are:

Year 8 4th November 2021

Year 12 - 11th November 2021

Year 7 - 18th November 2021

Water Bottles

We are selling St Benedict's water bottles, they are made from recycled milk bottles and are priced at £1.50, much better for the environment than single use plastic cups. The bottles can be purchased from resources.



Non Uniform Day

We will have a non-uniform day on

21st October to raise money for [my wish](#) charity. Minimum suggestion donation of £1 please which will be available on parentpay next week, or cash donations can be taken on the gate.

Henry Moore Studios

Year 12 Art A Level students visited the Henry Moore Foundation at Perry Green, Bishop Stortford this week to find out more about his



life and work. We enjoyed a tour of the key sculptures in the morning, finding out about the three main themes of his famous work: Reclining figures, Abstraction and Family groupings/Mother and Child. We learnt how he drew everyday of his life up until the age of 88 when he died having said: 'It is not until you draw an object that you actually truly see it'.



After lunch, the students were wowed by the staggering collection of maquettes and small scale works in one of his studios which represented only 10% of the models he made in his life-time. We were also lucky to have great weather to be able to draw outside and the students were all in agreement that seeing the works in a natural landscape was fantastic.

This was the way Moore wanted his works to be shown, with a backdrop of the blue sky and green land rather than inside a traditional gallery setting.

The students will now be working on developing their own sculptural forms inspired by the trip so we look forward to see how they develop their ideas and skills this term.

Thank you all for an inspirational visit and for all your careful observations Year 12.

Ms Chacksfield,
Head of Art





Last week was the first Year 7 Times Table Rockstars Battle of the Bands. The results are:

- 1st Place Vanessa Jonczyk
- 2nd Place Wioletta Huber
- 3rd Place Adrian Pohec

Congratulations to the winners and to 7A for being the strongest Year 7 class.

This week it is Year 8's competition. The battle began Monday 11th October and ends at 8pm tonight.

18th – 22nd October will be Year 9's Battle.

The more you practice, the faster your recall of the multiplication facts will be. We recommend you spend 15 minutes, twice a week on TT Rockstars, with more frequent use during battles.

Please ask your Maths teacher for your login if you have misplaced it.

Let's be Rockstars!

Mrs Eastwood

Key Dates and Reminders

Friday 22 October—PD Day

Half Term— Monday 24 to Friday 29 October

Thursday 18 November Flu Immunisation

Additional Bank Holiday for Queen's Jubilee

As you may be aware, there is an additional Bank Holiday due to the Queen's Jubilee this year. As this falls in the May 2022 Half Term, the DfE has stated that schools should nominate an additional day elsewhere in the school year. (The school year has been officially shortened from 190 days to 189 days.) Suffolk CC have suggested that the most appropriate date for this is 18th February, which for us is already a PD day and means that we need to find another date.

Following consultation, we have decided that we will nominate Friday 26th November 2021 as our additional Bank Holiday. We hope that this will provide a break for staff and students in a very long and often exhausting term. In accordance with the guidance from the LA we have avoided further shortening the summer term and run up to exams. We hope that this date will work well for our families.

<https://www.suffolk.gov.uk/children-families-and-learning/schools/school-term-and-holiday-dates/>

From the Exams Officer:

Students taking exams in Summer 2022 need to read the "Information for Candidates" documents on the school website. There are 6 relevant documents, and you can find them under the Parents/Exams Information tab."

Science Club News

Now that our students are no longer confined to "year bubbles", the Science Department has resumed its weekly lunchtime Science Club for all. Each week the Science teachers and technicians will use a particular topic to prepare practical activities that the students themselves can carry out, together with relevant teacher demonstrations.

This week's Club (Tuesday lunchtime) was particularly well attended. An unkind observer might have attributed this to the possibility that Mr Stafford, Head of Science, might be consumed in a "chip pan fire" of his own making! However, all proper safety precautions were adhered to and Mr Stafford's exciting demonstration went without a hitch and he survived.



There was a serious point to such a demonstration and one that we should bear in mind in our own home kitchens. Hot oil in an open pan can easily catch fire and, perhaps, our first instinct would be to throw water on it to put it out. However, it turns out that this is the worst thing that you can do, as the fire will flare up uncontrollably (see photo!). Before the advent of deep-fat safety fryers for our kitchens, such "chip pan fires" were a regular occurrence and led to house fires and loss of life. The correct way to put the fire out is simply to cover the pan to exclude the air (oxygen) which, as Mr Stafford ably demonstrated, is perfectly safe and effective.

Continuing the theme of fires and how to put them out, the students were provided with a "kit" that enabled them to build their own foam fire extinguisher. Mixing two chemical components in a small conical flask fitted with a narrow output tube, the students were amazed to see a jet of foam emerge from the nozzle. Although they cannot be used on "chip pan fires", foam extinguishers are especially effective on other burning liquids as the foam spreads out on the liquid's surface and seals it off from the flames, thus extinguishing the fire.

To end the show, Mr Stafford demonstrated another method of firefighting using carbon dioxide. CO₂ extinguishers are especially effective against electrical fires, where a water-based extinguisher would not be suitable. The gas is heavier than air so, in addition to excluding the oxygen necessary for the fire to burn, the gas will linger over the area preventing re-ignition. This was demonstrated by filling a jug with CO₂ using the reaction of acid and bicarbonate, then simply "pouring" the gas generated over some lit candles, which promptly went out. Altogether, the demonstrations and activities gave the students a fascinating and educational insight into the principles behind putting out fires.

Cross Country Roundup

With the unseasonal clement weather, it would be easy to forget that the cross country season has started. However, the warm conditions seem to have suited the St Benedict's students as they have performed exceptionally well in the two recent races.

The first round of the English Schools Cross Country Cup was held at Woodbridge School on Wednesday 6th October, where there was both individual and team success. Charlie Oxborrow (Y8)



and Phoebe Harpur-Davies (Y10) both ran superbly to win their races. with both the Junior Boys and Inter Boys teams qualifying to go through to the next round. The Year 7/8 Boys came first in the team competition, the Year 9/10 Boys came third and the Year 10/11 Girls came 4th.

Then, on Thursday 14th October a group of 43 students spanning Year 7 to Year 13 made the journey east along the A14 to the Royal Hospital School near Ipswich for the Suffolk Area Championships. All of the students were eager to fulfil their potential, with the extra incentive of finishing in the top 50 positions to be selected for the next stage of the competition – the 'A' race at Woodbridge School on Saturday 27th November 2022.

To start were the Minor Girls (Y7), who had a 2,200m lap of the playing fields to contend with. First to finish was Eleanor Slater in a brilliant 12th, supported by Molly Murphy and Eliza Ionescu in 40th and 43rd positions respectively. Vanessa Jonczyk deserves a special mention for being called up to the team on the morning of the race who closed the team in 94th place.

Next to toe the starting line were the Minor Boys (Y7) who had to complete an additional loop of the playing fields to complete their 3040m course. There was a great competition between Archie Coogan and George Wightman to see who would be the first home for the St Benedict's team, with Archie eventually finishing in 20th and George in 21st. Monty Bailey also ran very well to finish in 50th, with Marcel Wiewiora in 70th as St Benedict's final scorer and Freddie Scott (103rd) narrowly edging in front of Michael Knight (105th).

The Junior Girls (Y8/9) completed the same course as The Minor Boys, with Eva Torfinn and Ciara Evans (both in Y8) running superbly to finish in 12th and 14th positions. Emma Payne (26th) and Violette Davy (44th), who are also in Year 8, paced themselves well and should be very proud of their positions, with Claudia Scott and Daisy Constant also running strongly to finish in 52nd and 54th.

Spurred on by the Junior Girls' success, Charlie Oxborrow started strongly in the Junior Boys Race and was vying for a top placing as the runners completed the initial short loop of

the playing fields before heading out of sight along the 'Sea Wall'. When the athletes reappeared, it was clear that he had a good chance of winning a medal. Cheered on by his team-mates he persevered until the end to finish in 3rd place – a feat which was even more amazing as he also has another year to go in this age group.

Charlie's team-mates also packed well to close the team placings all within the top 40, with Giles Attfield (34th) narrowly finishing in front of Thady Ginders-Coxhall (35th). Twins Jack and Bobby Carter-Wright weren't going to allow anyone to separate them as they both ran solidly to finish in 63rd and 64th; ably supported by Rory Blewitt (78th) and Finn Senior (79th).

It would be difficult to top such a good performance, but the Inter Girls set out to do just that, with Phoebe Harpur-Davies demonstrating what a talented athlete she is to win a gold medal for first place. Her team-mates also ran extremely well behind her to close the team in and around the twenties – with Florence Scott in 19th, Hannah Gargett in 21st and Clara Fildes in 27th. Such was the strength and depth that Katie Kovacs (33rd) and Beatrice Price (37th) also finished in the top forty and earned their place through to the next round.

The Inter Boys also performed extremely well with Nathan White finishing in 11th position, having trained by completing the virtual London Marathon with his dad two weeks previously. Not far behind him were Santiago Davies (15th), Harry Fasey 16th and Rafael Martinez (25th). Oscar Mulligan (38th) and William Hurry (39th) also finished strongly and secured their places in the next round.

After such a good morning of racing, the pressure was on the St Benedict's Boys Senior team to perform as well as the lower age groups, and also to finish in time to catch the bus back to St Benedict's! Samuel Evans led the charge home in a fine 27th place, with St Benedict's students dominating the places in the forties and guaranteeing themselves in the next round, with Liam McGlone in 41st, Ben Tooley in 42nd, Malcolm Easton in 44th and Krzysztof Mikulski in 48th.

All in all it was a fantastic day of sport, with all of the students enjoying their sojourn to the Orwell Estuary. Once again they demonstrated the school's characteristics of Compassion, Wisdom and Resilience and were excellent ambassadors for the school. The PE department are extremely pleased with how they performed, especially as they believe that more students qualified for the next round (34 in total) this year than in recent memory. This is very exciting as we also have some very talented athletes who weren't able to make this race but have secured byes to the next round.



A huge thank you to Mr Turner and Mrs Murdoch for taking the students to this event and all the support staff who have helped to organise it.